



David Lewis

## A few words from David Lewis, Hospital Director at Lakeside

What a year the weather has given us so far, we just don't know what to expect next!

Just like the weather, we haven't been standing still either, Milton Park has now been renamed as "Lakeside", and what was Tracscare and Brookdale has been rebranded as "accomplish", please read more about his rebrand on page 2.

We have been busy recruiting key members of staff to enhance our teams at Lakeside and also developing teams to provide other specialist services as we move forward into the year ahead, which undoubtedly will be full of challenges as the healthcare landscape continues to change.

Here at Lakeside, we are fully committed to the Transforming Care Agenda and are happy to say that we have supported some unique and remarkable individuals back into the community and we remain fully committed to our role in doing so. This commitment to the Transforming Care Agenda means that demand for inpatient services for people with a Learning Disability and Autism are reducing significantly.

Please keep an eye on our future communications as we will be announcing our additional new services at Lakeside, we are really excited and are looking forward to commissioning these services shortly. **Watch this space!**

## We Support STOMP (Stopping the over medication of people with a learning disability, autism or both)

Whilst attending the AIMS Learning Disability forum at RCPsych last year we had an opportunity to hear first hand from some of the leaders of the STOMP (Stopping the over medication of people with a learning disability, autism or both) initiative. People with a learning disability, autism or both are more likely to be given these medicines than other people.

The speakers were incredibly engaging and passionate about the topic and brought the articles in the health press to life. At the time STOMP was largely being rolled out in social care provision and an awareness builder in primary care. There was a real opportunity for inpatient services to become part of the movement and overhaul also.

Public Health England says that every day about 30,000 to 35,000 adults with a learning disability are taking psychotropic medicines, when they do not have the health conditions the medicines are for. Children and young people are also prescribed them.

We are submitting work to the central STOMP team in the lead up to the final versions being signed off and are proud to be one of only 3 independent providers working on this project alongside our NHS colleagues.

On the 25th April 2018 Victoria Hulström (Deputy Hospital Director, Lakeside) and Sue Hullin (Quality and Service Development Director) will be travelling to Newcastle for the STOMP Healthcare Pledge launch and signing all accomplish services up to the pledge for both health and social care as well as presenting about the work at Lakeside to date.

To read more about this fantastic initiative visit [www.england.nhs.uk/learning-disabilities/improving-health/stomp](http://www.england.nhs.uk/learning-disabilities/improving-health/stomp).



## Renaming and Rebrand Workshops

Earlier this year the company changed its name to **'accomplish'**.

The name change was part of a wider rebrand which included creating a new Brand Promise, Values and Behaviours. During the rebrand process a new name Therapeutic Campus was also identified **'Lakeside'**.

The rebrand was a collaborative process, involving the people supported by the organisation, staff and commissioners. Lakeside patients and staff played a key role in choosing the new name of the company and also the name Lakeside.



The rebrand process and the renaming of the Therapeutic Campus involved several workshops, questionnaires and interviews. In the workshops the patients and staff from Lakeside discussed what was most important to them in their daily lives, in terms of their hopes and dreams. To capture the thoughts of each person, they were asked to create a mood board. Their involvement in the workshops also helped to shape the organisation's core values: Quality, Celebrate Uniqueness, Fun, Brave and Move Mountains.

**Peter Battle, CEO of accomplish. said:**

**"We are really excited to reveal our new name and brand identity. I believe that the name accomplish perfectly captures the goals and values of our organisation. We constantly strive to help the people we support accomplish in their daily lives, and we are committed to the very highest quality of service and support."**



Dr Vallentine

## Introducing the Therapeutic Services Group (TSG) at Lakeside

The Therapeutic Services Team at Lakeside consists of numerous professionals from different disciplines who have a multitude of experience. Dr Victoria Vallentine is Head of Therapies and has over 15 years of experience working as a psychologist in mental health settings.

The psychology team includes three qualified psychologists, Dr Vallentine (Consultant Clinical Psychologist), Elise Stephen (Principal Clinical Psychologist), and a Locum Psychologist. They are able to offer a range of specialist assessments and therapeutic interventions and have put together a comprehensive treatment pathway for patients and commissioners to the service.

The Occupational Therapy (OT) team is currently growing and currently consists of a Lead OT, James Chisholm, Senior OT, Sarah Leigh, two OT assistants, Tony Eccles and Priya Dave. Speech and Language Therapist, Charlotte Twelvetree is a great asset to the service and we soon hope to recruit a speech and language assistant.

Occupational Therapy and Speech and Language Therapy (SLT) are both supported currently by our recovery workers, Gemma Marchant and Daniella Mason who assist with assessment and implementation of recommended support plans.

TSG also offers a wide range of therapeutic interventions, offered by all disciplines, at the Star Centre. The Star Centre is managed by Michael Wilson with the support of 4 Therapy Assistants: Olivia Cairns, Danielle Day, Shara Mills and Kaschif Hassain. They also have a resident art teacher, Deborah Hancock.

## Patient good news stories



- A large number of individual pieces of patient's artwork was displayed as part of Creative Showcase at the 2018 accomplish awards held at Stanbrook Abbey, Worcester.
- For Autism Awareness Week (26/03 - 02/04), patients and staff created their own version of the autism awareness ribbon and participated in colouring in positive statements.
- Several patients are learning new skills by attending college courses in computing and IT.
- A number of patients are helping in the community through volunteer work in local charity shops and at the local equestrian stables.

## Lakeside Shines in Autism Professionals Awards Nominations

Lakeside's Star Centre Team (right) were shortlisted as a finalist in the prestigious national Autism Professional Awards. The team were recognised in the Outstanding Health Services category which seeks to recognise a clinical team where best practice has positively impacted on patient treatment and care.

Supporting over 55 autistic adults, the team is made up of Psychologists, Therapy Assistants, Speech and Language and Occupational Therapists, an Art Tutor and a Fitness Instructor. The

ethos of the Star Centre is based on Spectrum Star – an outcomes star for autistic adults. This is a visual tool focussing on change and achievements so that patients can have a positive and fulfilling life and make choices right for them. After completing their Spectrum Star, patients identify areas where support is needed. The Star Centre offers tailored group sessions to support individuals on their progressive journey.

The team are managed by Michael Wilson who is supported by four therapy assistants Olivia Cairns, Daniella Day, Shara Mills and Kaschif Hassain. They have made an exceptional contribution to the lives of autistic people. They work in partnership with others to provide support that enables people to tackle their Autism with hope and optimism and work toward a valued lifestyle within and beyond any limitation. They believe in the potential of everyone and support people with the tools and coping strategies to enable them to move on and live fulfilled lives.

The Star Centre team help facilitate therapy groups, community outings and other leisure activities. Our Art Teacher Deborah Hancock is also located at the Star Centre and provides group and individual Art sessions for patients.

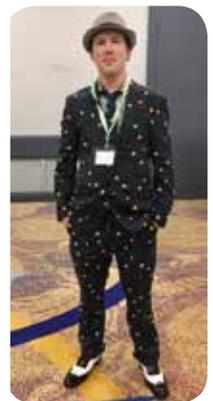
## Autism Conference - Self Awareness

We hosted another of our hugely successful Autism Conferences on the 20th March 2018 in Daventry. The theme for the event was Autism and Self Awareness and the selected speakers for the day each gave a valuable insight into this important topic.

The focus of the conference was self awareness and included presentations from Sue Hatton, our Autism Advisor at accomplish, clinicians, people we support and people who have first-hand experience of Autism. It was a fascinating day, that really got to the heart of why we need to improve our understanding of Self Awareness and Autism.

Alex Evans was the final speaker and gave an excellent talk on metamorphosis. He had once been a patient at Lakeside and he could not speak highly enough about the therapeutic treatment he received while he was there. Alex now has his own family and runs his own training company called Optimism in Autism. He has spoken at various conferences, universities and even at the House of Commons for the All Party Parliamentary Committee on Autism.

The attendees came from across the company within our own staff teams, a range of external professionals and a number of parents. The fantastic feedback from the day was a good indication of the success of the whole event.



Alex Evans

## New Dialectical Behaviour Service at Lakeside

Lakeside are proud to introduce our new specialist Dialectical Behavioural Therapy (DBT) service. This will be a female, 12-bedded in-patient unit for those with diagnostic features of Emotionally Unstable Personality Disorder (EUPD). The unit will be led by an accredited DBT therapist and the team will consist of 6 intensively trained DBT therapists. All unit staff will be trained at a foundational level in the model. This will be a therapeutic ward underpinned by DBT principles.

DBT was founded by Marsha Linehan in 1980. DBT treatment is a type of psychotherapy or talking therapy, that utilises a cognitive-behavioral approach and emphasises the psychosocial aspects of treatment. The components of DBT include support-orientated, cognitive-based and collaborative approaches. Therapy includes individual 1:1 weekly psychotherapy sessions and weekly group therapy sessions.

Patients will work through 4 modules of DBT therapy which are:

- Mindfulness
- Interpersonal Effectiveness
- Distress Tolerance
- Emotion Regulation

**For further information about this new service or to make a referral, please contact Kathie Parker, our Commissioning Relationship Manager on Tel: 07849 398668 or email: [kathie.parker@accomplish-group.co.uk](mailto:kathie.parker@accomplish-group.co.uk)**

# Case Study

John\* was diagnosed with Asperger's Syndrome, Obsessive Compulsive Disorder with secondary mood symptoms, Tourettes Syndrome of motor type and Generalised Anxiety Disorder. Before coming to Lakeside he had totally isolated himself and had not left the house for two years. Depression and OCD had ruined his life making it difficult to function.

John had given up hope of ever getting better, he was self-harming and physical illness was ruining his life.

## John's Successful Pathway to Independence

In March 2017, John was admitted to Elstow 2 which is Lakeside's locked treatment and rehabilitation unit for younger adult autistic males aged 18-25. Whilst on Elstow 2, John was given support for his low self-esteem and OCD by the staff working on the unit and also by accessing Psychology and Occupational Therapy sessions.

During 1:1 Psychology sessions John worked well with the Assistant Psychologist on targeting his symptoms of OCD. Behavioural experiments were implemented so John could test his negative thoughts and avoid completing his compulsions where possible, for example, addressing the number of times John washed his hands. John was successful in identifying the negative connotations such as "I will become ill" and learning that a reduction in doing this did not make him ill, in doing so John learned that his fears are just fears and that he is okay when his compulsions are not enacted.

John already had a lot of independent living skills, but had lost confidence in using them due to him not leaving the house for so long. With support from staff and the Occupational Therapy (OT) service, he engaged well in developing kitchen skills activities. Staff encouraged and supported John to complete cooking sessions resulting in John now eating well and generally being a lot healthier and happier. The team also worked with John on community skills assessments, specifically assessing his ability to use the local bus service, running the onsite library and supporting the running of the OT café. John manages his own money, budgets well and goes on shopping trips in the local area.

In August 2017 John moved into Pathway House, a residential service located close to Lakeside. The service enables patients to transition from a Mental Health hospital placement into community living and is the next step of John's care pathway.

**"The staff at Lakeside are friendly, supportive and easy to talk to"**

**"Thanks to the support I received at Lakeside I now have the confidence to regularly go out alone".**

The staff at Pathway House have produced a questionnaire for John to complete following his home leaves to see how his OCD and anxiety affect him whilst at home and how he manages this. It is John's aim to move back home early 2018 and he is due to start overnight stays at home which are the next step to testing out the positive coping skills he has developed.

John attended the accomplish Awards in 2017 as a guest. This was a fantastic achievement considering that John had isolated himself and had not left his house for 2 years before coming to Lakeside.

\* Name has been changed for confidentiality.

**For more information about our services, please contact us on 01707 646 646  
Or email us at [info@accomplish-group.co.uk](mailto:info@accomplish-group.co.uk)**